

Your Honor

The last three months has given me a lot of time to reflect on my mistake and who I am. I have learned many things through this reflection and know two things to be true:

I've spent my life trying to be a good and moral person but, here, I made a terrible mistake.

And,

My mistake impacted the ones I care about the most in ways I could not imagine.

I would like to take this time to apologize to the ones I have hurt.

First the Government and the Court, I took up your precious time and resources for that I'm sorry.

Next Stanford, an amazing school with incredible people. The students, alumni, staff and faculty do not deserve to be looked at under the cloud that I have brought over them. I'm truly sorry for bringing you into this mess, you do not deserve it.

To the current sailing team, to the team's alumni, and the collegiate sailing community: I'm devastated that this has impacted you all. I'm devastated that the program and the sport would be looked at poorly because of my actions. You had no part in it and you did not deserve it.

I have spent my career stressing that some things, namely integrity and your reputation, are more important than winning. In this matter, I completely failed to live up to that standard. I want to thank all of you for your support and forgiveness these last three months and will be eternally sorry to all of you.

Most importantly to my family and friends, I'm so sorry to have dragged you into this.

My friends, I'm sorry that you had to question who I am and how you will act around me. But I thank you for standing by me and seeing me for who I am and not only for my mistake.

My sister, Jennifer who has been an amazing source of support and always reminds me who I am. I love you and I'm truly sorry.

My father, I have dragged your good name into this scandal, that will haunt me forever. You have stood by me and reminded me to keep my head held high. I love you and I'm truly sorry.

My mother who will never let me forget my passion and fire to be a better person, to be a father and to be husband. I love you and I'm truly sorry.

My wife Molly, you have shown unbelievable courage and bravery through all of this. You are a true role model for our children and for me. I love you and I'm truly sorry.

My children Nicholas and Nora are too young to know or understand this yet, but it won't be long. Someday soon I will have to explain to them that their dad is certainly not perfect and that he makes mistakes. I hope they will, in time, also see someone who takes responsibility for his mistakes and tries to handle it with grace and honor. I love you and I'm truly sorry.

In the last three months I have been fired, put my family's financial security in jeopardy, and caused us to lose our housing., My career that I have worked passionately for 20 years is gone, and my freedom is in jeopardy, endangering my ability to be there for my kids. I deserve all of this – I caused it – and for that I'm deeply ashamed.

Finally, your Honor, I want to tell you how I intend to live from this point forward.

First, I will never again lose sight of my values and who I am as a friend, son, brother, husband and father. Second, I will not curl up and feel sorry for myself. I made a mistake, I am accepting responsibility, and I'm bound and determine to move forward with my life in a way that honors the love and support I have gotten over the last three months from my family, my friends, and my sailors.

Thank you for your time your honor.